

PROVEN BENEFITS OF CHIA SEEDS

Chia seeds are among the healthiest foods on the planet. They're loaded with nutrients that can have important benefits for your body and brain.

RECIPE: MIXED BERRY SMOOTHIE BOWL

This Mixed Berry Smoothie
Bowl is creamy, delicious and
super EASY to make with a
variety of fun toppings and
fresh fruit!

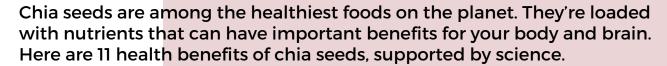
ONLINE CLASS: BALANCE/STRENGTH

Activate the joints and muscles to become limber and increase balance during this exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance.

WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule

PROVEN HEALTH BENEFITS OF CHIA SEEDS



Source: Healthline.com

Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories.

A one-ounce (28 grams) serving of chia seeds contains (1):

- Fiber: 11 grams.
- Protein: 4 grams.
- Fat: 9 grams (5 of which are omega-3s).
- Calcium: 18% of the RDI.
- Manganese: 30% of the RDI.
- Magnesium: 30% of the RDI.
- Phosphorus: 27% of the RDI.
- They also contain a decent amount of zinc,
- vitamin B3 (niacin), potassium, vitamin B1 (thiamine) and vitamin B2.

This is particularly impressive considering that this is just a single ounce, equalling 28 grams or about two tablespoons. This small amount supplies only 137 calories and one gram of digestible carbohydrate.

Chia Seeds Are High in Quality Protein. By weight, they're about 14% protein, which is very high compared to most plants. They also have a good balance of essential amino acids, so your body should be able to make use of their protein content. Protein has various health benefits and is by far the most weight loss friendly dietary nutrient. A high protein intake lowers appetite and has been shown to reduce obsessive thoughts about food by 60% and the desire for night time snacking by 50% Chia seeds really are an excellent protein source — especially for people who eat little or no animal products.

Chia Seeds Are High in Omega-3 Fatty Acids. Like flaxseeds, chia seeds are very high in omega-3 fatty acids.

In fact, chia seeds contain more omega-3s than salmon, gram for gram. However, it's important to keep in mind that the omega-3s in them are mostly ALA (alpha-linolenic acid), which is not as beneficial as you may think. ALA needs to be converted into the active forms eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) before your body can use it. Unfortunately, humans are inefficient at converting ALA into these active forms. Therefore, plant omega-3s tend to be vastly inferior to animal sources like fish oil.

For more benefits of chia seeds read the full article at Healthline.com.

Mixed Berry Smoothie Bowl

This Mixed Berry Smoothie Bowl is creamy, delicious and super EASY to make with a variety of fun toppings and fresh fruit!



Ingredients

- ½ cup unsweetened almond milk, plus more as needed
- ¼ cup plain greek yogurt
- ½ banana, Frozen
- 1 cup mixed berries, frozen
- Granoloa, chia or flax seeds, nuts, etc. for topping.

Directions

- 1. In a blender, add all ingredients and blend
- 2. Pour in a bowl and add your favorite toppings
- 3. Enjoy!



Date & Time

Thu September 23 | 7:00am-8:00am MDT

Location

Online

Description

Activate the joints and muscles to become limber and increase balance during this exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance. Trainer: Mary Breyette, Executive Director of Cornell Cooperative Extension of Clinton County

Click or tap to join this class by Zoom: https://seniorplanet.zoom.us/j/853133798

Meeting ID: 853 133 798

WHAT'S HAPPENING?







SPAGHETTI SUPPER

Join us on September 20th from 5-7pm for a Spaghetti Supper fundraiser for the Senior Center. Adults \$5, kids 12 and Under \$3.

MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website: yuma.colibraries.org

HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT SEPTEMBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



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